

**COMMUNITY  
MENTAL HEALTH,  
SUBSTANCE USE AND  
ADDICTION SERVICES**

**CHESTER COUNTY DEPARTMENT OF  
MENTAL HEALTH/MENTAL RETARDATION**

Government Services Center  
601 Westtown Road, Suite 340  
P.O.Box 2747  
West Chester, PA 19380-0990  
Phone: 610-344-6265  
Toll Free: 1-800-692-1100 Ext. 6265  
TTY/TDD: 610-344-5942  
Website [www.chesco.org/mhmr](http://www.chesco.org/mhmr)

**GOAL**

Chester County Department of Mental Health administers publicly funded mental health services that support recovery of a full life and valued participation in the community. Guided by respect and a commitment to consumer choice, they are dedicated to working collaboratively with consumers, families, providers and other system partners to implement services.

**HOW TO GET MENTAL HEALTH SERVICES IN CHESTER COUNTY**

**In An Emergency**

Individuals who have a serious mental illness may sometimes need emergency help such as hospitalization to keep them safe and help them manage in a crisis. If it seems that emergency hospitalization is needed to keep a person safe, and they do not agree with this plan, contact Crisis Intervention:

**Mental Health Crisis Intervention Service**

Valley Creek Crisis Recovery Center  
469 Creamery Way  
Exton, PA 19341

Valley Creek Recovery Crisis Center provides:

- **Telephone Crisis Counseling**
- **Walk-In Center**
- **Community-Based Mobile Outreach**
- **Consumer-run Warm Line**
- **Adult Crisis Residential Program** (provides short-term (up to 10 days) voluntary residential care to help stabilize consumers in a mental health crisis and help avoid hospitalization. This service may be used as step down from an inpatient hospital setting. Referrals for admission must come through Community Care Behavioral Health OR Chester County MH Office, or from Crisis Intervention. .

**If You Think You Need Help With a Mental Illness That is Not an Emergency.**

In Chester County, staff at one of the Core Providers (facilities that provides administrative direction, coordination and clinical services for consumers) will complete the preliminary assessments of a person's mental health and recovery needs. The Core Provider agencies develop a service plan with the individual and family if appropriate to help get the services and supports needed. If you have medical assistance and want information about covered services, call the number for Community Care Behavioral Health at 1-866-622-4228, the customer service representatives can give you referrals to network providers for inpatient and outpatient psychiatric services.

For information and assessment contact one of the following:

**For Child Services:**

**Child Guidance Resource Center**

Coatesville, PA 610-383-5635 or Toll free at 1-866-799-3325

**Community Services of Devereux**

Phoenixville, PA 610-933-8110 or Toll free at 1-800-935-6789

**Creative Health Services**

Spring City, PA 610-948-6490

**Holcomb Behavioral Health**

Kennett Square, PA 610-388-7400 or Toll free at 1-800-657-5989

**Human Services, Inc.**

Downingtown, PA 610-873-1005 or Toll free at 1-888-873-1001

Oxford, PA 610-873-1005

West Chester, PA 610-430-6141

**For Adult Services:**

**Creative Health Services**

Spring City, PA 610-948-6490

**Fellowship Health Resources**

Phoenixville, PA 610-415-9301

**Human Services, Inc.**

Downingtown, PA 610-873-1005 or toll free at 1-888-873-1001

Oxford, PA 610-873-1005

West Chester, PA 610-430-6141

**Other Clinical Providers:**

Other publicly funded agencies in the County are:

**Holcomb Behavioral Health Systems**

Exton, PA 610-363-1488

**Penn Psychiatric Services**

Phoenixville, PA 610-917-2200

**Self Help, Supports and Advocacy**

**“Community Crossroads” Peer Support Center** (through Horizon House, Inc)

**825 Paoli Pike,**

**West Chester, PA 19382**

Tel: 610-429-1702

Operated by peer specialists through Horizon House, Inc., the Center has an open door policy and welcomes all who are seeking connection to services or supports, or who just want a human connection. Provides a place to reconnect with others who use mental health services, to participate in support groups, take classes, and learn skills needed to get back on track.

**Compeer** (Recovery through Friendship) is a program that matches persons referred by a therapist or mental health professional with a volunteer with similar hobbies and interests. Compeer is a program of the Mental Health Association.

Now located in:

Peer Support Center:

825 Paoli Pike,

West Chester PA 19382

Telephone - Call 610-436-4445

**NAMI PA** - (formerly known as the Alliance for the Mentally Ill of Pennsylvania) NAMI provides support, education, advocacy, and research for people living with mental illness. Their local chapter contact information is:

1-888-999-6264 [nami-pa@nami.org](mailto:nami-pa@nami.org)

Their office is in the Peer Support Center,

825 Paoli Pike,

West Chester PA 19382

### **Child and Family Focus**

Child and Family Focus provide parent mentors. These are parents whose children have received services. They are available to assist other parents to navigate through the various child serving systems. They also provide parent training and sibling support.

11 David Drive

Valley Forge, PA 19460

610-783-1788

### **The Arc of Chester County**

The ARC provides advocacy and parent support groups. Their Special Education Advocate is available to assist parents through school services for children with various special needs.

900 Lawrence Drive

West Chester, PA 19380

610-696-8090

[arcofchestercounty.org](http://arcofchestercounty.org)

**Chester County Consumer and Family Satisfaction Team (C/FST)** conducts interviews to determine satisfaction with services. Their contact information is:

610-594-9740 or 1-877-TEAMCAST

### **Community Support Program (CSP)**

The Community Support Program (CSP) is a coalition of mental health consumers, family members, professionals, and community members working together to help adults with serious mental illnesses live successfully in the community.

825 Paoli Pike

West Chester, PA 19380

610-344-7049

### **Skills**

#### **Psychiatric Rehabilitation (Psych Rehab)**

The "Clubhouse" programs are designed to help people who need to develop or improve social and job skills. The programs enable participants to practice life and career skills by sharing responsibilities for program activities.

**Providers:****Stepping Stones Clubhouse**

1219 East Lincoln Highway  
Coatesville, PA 19320  
610-384-6058

**Cornerstone Clubhouse**

224 Hall Street  
Phoenixville, PA 19460  
610-935-2290

**"Boston Model" Psychiatric Rehabilitation**

Programs focus on individual skill building but are not linked so closely to work expectations.

**Fellowship Health Resources**

1041 West Bridge Street  
Phoenixville, PA 19460  
610-415-9301

**Human Services, Inc "Transitions"**

**520 East Lancaster Ave.**  
Downingtown PA  
**610-873-1005**

**Special Needs**

Chester County Office of Mental Health supports an outpatient group for persons who are deaf and hard of hearing and participate in mental health services. The provider of this service is:

**Center on Hearing and Deafness, Inc. (CHAD)**

139 West Market Street  
West Chester, PA 19380  
610-918-6250 (voice)  
610-918-6251 (TTY/video phone)  
610-918-6249 (fax)  
[office@chadinc.org](mailto:office@chadinc.org) (email)

**FORENSIC****MH Court Program**

A community program for Chester County adults with serious mental illness arrested for criminal charges that do not pose a risk to public safety, to assist in accessing intensive mental health services in lieu of prosecution. *When possible...Diversion from incarceration in hopes to provide mental health treatment for crimes committed that were directly related to a person's mental illness. To encourage recovery and insight into one's mental health for consumer's who may not engage in services on their own.*

610-344-6886

\*Source: Chester County Dept of MH/MR Info via director, Dr. .Smith; 6/2009

## **COMMUNITY CROSSROADS PEER SUPPORT CENTER**

825 Paoli Pike, Mailbox #1

West Chester, PA 19380

**Phone: 610-429-1702** Fax: 610-696-8597

Email: [community.crossroads@hhinc.org](mailto:community.crossroads@hhinc.org)

Community Crossroads is a peer support center operated by and for those in mental health recovery. We help people with mental health and co-occurring disorders find their own paths to wellness. The people who attend Community Crossroads benefit from the wisdom, knowledge and experience of others in recovery. The mutual support and comfort from peers along the way help build self esteem and confidence to persevere in their pursuit of wellness.

**Philosophy:** Community Crossroads is a safe, positive, hopeful and peer-led community where all people are treated as equals with dignity and respect.

**Services:** Community Crossroads offers a rich array of individual and group activities to help people to develop the knowledge and skills to pursue their own individual recovery journeys. Activities are offered six days a week, including Friday evenings and Saturdays, at Community Crossroads and in the community.

Many people need immediate assistance with respect to income, housing, and mental and physical healthcare. We provide individual and small group counseling around benefits, housing and employment as well as self-help.

We teach people advocacy skills and create opportunities to promote positive changes in their lives and in the community around them.

Community Crossroads is committed to reducing the stigma that limits the acceptance of people with mental health challenges as contributing members of their communities. We educate the community about mental health and recovery through presentations, volunteer projects and community involvement.

### **SUPPORT GROUPS**

#### **DOUBLE TROUBLE IN RECOVERY (DTR)**

A 12 step support and educational group for those with mental illness and substance abuse issues.

#### **RECOVERY WORKS!**

A peer support group for individuals in the process of recovery. These meetings provide participants with a variety of wellness tools and information on their journey of recovery.

#### **DEPRESSION AND BIPOLAR SUPPORT GROUP**

Peer support group to help motivate self-discovery and the understanding of mood disorders.

### **GENERAL INFORMATION**

Community Crossroads is open to Chester County residents as well as residents of the surrounding counties who are 18 or older and who receive mental health services. A referral from a mental health professional or provider is required.

#### **HOURS OF OPERATION**

Monday 12 pm - 6 pm

Tuesday 12 pm - 8 pm

Wednesday 12 pm - 6 pm

Thursday 12 pm - 8 pm

Friday 1 pm - 9 pm

Saturday 12 pm - 6 pm

Sunday CLOSED

\*Source: Info on Community Crossroads Peer Support Center is a program of Horizon House, Inc.(Website: [www.hhinc.org](http://www.hhinc.org)) via coordinators, Christine Holst and Nick Desantis; 6/2009 .

**MENTAL HEALTH ASSOCIATION  
OF SOUTHEASTERN PENNSYLVANIA**

The Bell of Hope

**COMPEER PROGRAM**

**Rob Chisholm, Program Director- Call 610-436-4445**

**825 Paoli Pike**

**West Chester, PA 19380**

**[rchisholm@mhasp.org](mailto:rchisholm@mhasp.org)**

**[www.mhasp.org](http://www.mhasp.org)**

**[www.compeerchesco.org](http://www.compeerchesco.org)**

Chester County Compeer relies on volunteers from the community to make its program successful. Volunteer mentors are matched in one-to-one friendships to provide ongoing support to adults in mental health recovery. One-to-one friendships enable the adults we serve to become more integrated into the community and to reach greater independence. You can help people in your community by becoming a Compeer volunteer.

**Being a Compeer is Easy**

Anyone age 18 and over can serve as a Compeer volunteer. You can be a friend to an adult who is the same age, older, or younger than yourself.

Friends meet at mutually convenient times to share common interests and activities, such as:

- Seeing movies, plays and cultural attractions
- Attending sporting events
- Taking walks in the park
- Having conversations over a cup of coffee
- Eating out at a restaurant

All it takes is a commitment of at least four hours each month.

**COMPEER'S ROLE**

During your Compeer friendship, you won't be left on your own at any point.

Compeer provides comprehensive upfront training, helps you select your adult match, and offers ongoing support every step of the way.

**GETTING INVOLVED**

Call or e-mail Chester County Compeer today to learn more about how you can get involved. We'll send you a Volunteer Application packet and schedule a meeting to learn more about your interest and to answer any questions.

**THE COMPEER PROGRAM**

- Serves adults in mental-health recovery.
- Matches adults with community volunteers in one-to-one friendships.
- Provides additional and effective support outside the mental health system.
- Offers a powerful opportunity to make a difference in your community, in someone else's life - and in your own.
- Generates outstanding results in enhancing mental-health recovery, including improved self-esteem and self-confidence.

\*Source: Compeer info/Coordinator, R. Chism, verified 6/09

## **HORIZON HOUSE**

Horizon House mental health services, located in Philadelphia, Chester, Delaware and Montgomery Counties, and the state of Delaware, are comprehensive, integrated and continuous. A pioneer in the field of community-based treatment and rehabilitation, Horizon House utilizes a holistic approach aimed at addressing an individual's psychiatric, medical and behavioral health impediments. The overarching goal of Horizon House's interventions is to support, to the fullest extent possible, the individual's active membership in his or her family and community.

The agency's interdisciplinary teams have the expertise to address a wide range of treatment and rehabilitation issues in a coordinated manner. Decision-making is shared by team members and between the team and the individual receiving the service. This collaborative partnership helps the individual to maximize his or her self-control over the symptoms of the mental illness and to minimize its interference with the person's daily life.

Horizon House's integrated approach to treatment and rehabilitation reflects the person-first philosophy and is oriented towards recovery. Recovery can include gaining a sense of meaning to life, a positive self-image, being able to form meaningful relationships and learning to live independently.

The recovery approach practiced by Horizon House is comprised of three elements: Treatment planning and services that assist the individual with managing and reducing the symptoms of the illness; rehabilitation activities that help him or her learn or improve the skills required to live, work and learn in the community; and coordination and development of community supports to connect the individual to essential services.

### **Program Services**

120 South 30th Street  
Philadelphia, PA 19104  
Fax: 215-386-4854

### **Administrative Services**

3275 Stokley Street  
Philadelphia, PA 19129-1128  
Fax: 215-438-4870

Main Number: 215-386-3838  
Email: [Horizon.House@hhinc.org](mailto:Horizon.House@hhinc.org)  
[www.hhinc.org](http://www.hhinc.org)

\* Source <http://www.hhinc.org/Profiles.asp?ArticleID=274>; <http://www.hhinc.org/AdminHome.asp?ArticleID=286> ; 6/2009



**Institute for Recovery and Community Integration:  
Transforming Lives by Transforming Systems.**

1211 Chestnut St., Ste. 1100  
Philadelphia, PA. 19107  
215-751-1800/ 1-800-688-4226  
www.mhrecovery.org  
recovery@mhasp.org

**Introducing and advancing the principles of mental health recovery and peer support**

The Institute for Recovery and Community Integration works to introduce and advance communities' understanding of recovery and community integration as the catalyst for transforming individual lives, communities, and all levels of behavioral health systems in a culturally competent manner. We do this through:

**Institute for Recovery accepting applications for upcoming CPS trainings**

- Workshops on recovery
- On-site Recovery Education Groups
- Wellness Recovery Action Plan (WRAP) Groups
- Training WRAP Facilitators
- Operating a Peer Specialist Certificate Program and Online Forum for peer specialists
- Providing technical assistance to agencies, service providers, and municipalities

The institute seeks to establish personal empowerment, attitudinal change, skill building, self-determination, self-help, peer support, and community integration as the foundations of behavioral health treatment that emphasizes hope, affirmation, participation, and productivity for consumers of mental health services. Education and support on recovery and peer supports offered valuable to all aspects of the community such as religious and business communities.

**Mental Health Recovery and Community Integration Training**

The institute provides on-site training and educational groups based on a community's needs in order to facilitate personal, and systemic mental health recovery and community integration. Educational materials have been developed using Mental Health Recovery Educational Curriculum developed by Mary Ellen Copeland. Further educational materials are developed along with broader perspectives of recovery emerging from ongoing literature out of the mental health consumer movement and behavioral health research community. Additional content is developed with the UPenn Collaboration on Community Integration.

**WRAP Training**

Mary Ellen Copeland's nationally recognized Wellness Recovery Action Plan, a self-help resource that promotes recovery, is offered to teach about WRAP, develop WRAP for use in their own life, or to facilitate WRAP groups with their peers. Training and support to individuals and groups is provided in partnership with the Copeland Center in order to ensure the quality and fidelity to Mary Ellen Copeland's vision.

**Certified Peer Specialist Program**

A Certified Peer Specialist is a paid staff person with a mental health or co-occurring disorder who has been trained and certified to help her/his peers identify and achieve specific life goals. The Certified Peer Specialist promotes self-determination, personal responsibility and empowerment inherent in recovery, and assists people with mental illnesses to regain control over their lives and their recovery process. Our program implements and develops, as a part of the behavioral health system

delivery system. Peer Support Specialists through training and technical assistance focusing on education, skill building, and providing an experimental process for training participants to provide peer support. Building collaborations in the behavioral health service delivery system is at the heart of our services.

### **Technical Assistance**

Technical assistance is offered for implementation of peer specialist positions, continuing support for peer specialist positions, continuing support for peer specialist and their supervisors, to enhance the recovery focus of existing programs, to design new services based on peer support, recovery and community integration and to develop action plans for mental health system transformation. To contact the Institute for Recovery and Community Integration, please call 215-751-1800 x265 or email: [recovery@mhasp.org](mailto:recovery@mhasp.org) or visit our interactive website at [www.mhrecovery.org](http://www.mhrecovery.org).

The Institute wants to spread the word that recovery is not only possible, but probable-and provide the education and supports needed to achieve recovery on a personal and systemic level.

### **Our Partners**

The Institute works in partnership with National Mental Health Consumers' Self-Help Clearinghouse to advance the growth of mutual support programs, advocacy initiatives, and consumer driven services, and the UPenn Collaborative on Community Integration's Rehabilitation and Research Training Center to facilitate a movement beyond where people with behavioral health issues are simply living in the community to their becoming a part of the community.

The Institute for Recovery and Community Integration is a program of the mental health Association of Southeastern PA was founded in 1951 to advocate for people with mental illnesses. Today we are also a major provider of services and support for people with behavioral health issues who live in the community.

Institute for Recovery and Community Integration: Transforming Lives by Transforming Systems.

1211 Chestnut St., Ste. 1100

Philadelphia, PA. 19107

215-751-1800/ 1-800-688-4226

[www.mhrecovery.org](http://www.mhrecovery.org)

[recovery@mhasp.org](mailto:recovery@mhasp.org)

\*Source: <http://www.mhrecovery.org/index.php>

## **N.A.M.I.-The National Alliance on Mental Illness**

NAMI is a membership organization for people with mental health issues, their families, friends, and professionals. NAMI is dedicated to the understanding of mental illnesses and to the recovery of all individuals whose lives are affected by these disorders. The National Alliance on Mental Illness (NAMI) is a non-profit, grassroots, self-help, support and advocacy organization of consumers, families and friends of people with severe mental illnesses, such as:

- Attention-Deficit/Hyperactivity Disorder
- Bi-Polar Disorder
- Borderline Personality Disorder
- Dissociative Disorders
- Dual Diagnosis and Integrated Treatment of Mental Illness and Substance Abuse Disorder
- Eating Disorders
- Major Depression
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Pervasive development disorders such as Autism
- Post-Traumatic Stress Disorder (PTSD)
- Schizoaffective Disorder
- Schizophrenia
- Seasonal Affective Disorder
- Suicide
- Tourette's Syndrome
- And other severe and persistent mental illnesses that affect the brain.

Severe mental illnesses are biologically based brain disorders that can disrupt a person's ability to think, feel and relate to their environment and others.

**NAMI PA of Chester County is governed by a Board of Directors, which is elected by the membership.**

### **Services**

**Monthly General Meetings** are held every 3<sup>rd</sup> Thursday of the month (except July and August) at Christ Memorial Lutheran Church, Paoli Pike and Line rd. Malvern, PA. A variety of topics relevant to mental health are presented by experts in their field. Non-Members Welcome

**Monthly Support Groups** for family members are held at different times and locations throughout Chester County. Refer to the NAMI PA Chester County web site: <http://chester.nami.org> or call the NAMI "HELP" line: 610-430-0177.

**Family-to-Family** A Free 12-week education course for family members designed to help a loved one with mental illness issues

**NAMI-CAN** – A monthly support group for families of a child or adolescent with a severe emotional disturbance. (No meetings in July or August). Meetings are held the 2<sup>nd</sup> Monday in the Downingtown area. Refer to web site: <http://chester.nami.org>, or call 610-430-0177 – the NAMI "HELP" line.

**Peer-to-Peer** - A FREE 9-week course taught by people with mental illness who are trained to help others establish and maintain a program leading to recovery. Call 484-947-5643.

**Grief and Loss monthly** support group for family members. Held 7:30-9:30 PM on the third Thursday of the month. Call 610-269-3476.

### **NAMI Membership**

NAMI is open to families, mental health consumers, friends, and concerned health care professionals. Membership provides you with information from our local, state, and national offices. All members receive newsletters from NAMI PA Chester County, NAMI PA and the NAMI Advocate, published quarterly by the NAMI National Office.

Educational publications, videos, presentations from local experts, free educational courses, and annual state and national conferences are available to all members. We need your support in our continuing efforts to shape policy and legislation on issues affecting people living with mental illness. The NAMI mission is accomplished through programs designed to offer support and education for consumers, families, and friends of people with mental illness. Research on the human brain has resulted in major advances in diagnosis, treatment and recovery support. Many research initiatives have been motivated by NAMI's advocacy and public awareness campaigns.

**NAMI PA Chester County (Business Office- NEW location)**

**Mail Box #6**

**825 Paoli Pike, 3<sup>rd</sup> Fl.**

**West Chester, PA 19380**

**O- 484-947-5643 F- 484-947-5673**

**WEB: <http://chester.nami.org>**

**(Their office is in the Community Crossroads Peer Support Center)**

**CALL NAMI "HELP" LINE:**  
610-430-0177

**NAMI PA (Pennsylvania)**

1-800-223-0500 Web Site: <http://namipa.nami.org>

**National NAMI**

**800-950-NAMI**

**Web site: [www.nami.org](http://www.nami.org)**

**Chester County CRISIS INTERVENTION HOTLINE:**  
**NEW:**

**1-877-918-2100 (Toll Free)**

**Consumer "WARM" Line:**

**1-866-846-2722 (Toll Free)**

**(Warm Line staffed by trained MH Consumers)**

\*Source: N.A.M.I.-The National Alliance on Mental Illness Info via Marilyn Baker; 6/2009

## **COUNTY DRUG AND ALCOHOL OFFICES**

These are part of county government or contracted by the county to assist residents of their county in getting into rehabs, outpatient treatment, halfway houses, etc. The county sometimes then pays for treatment.

<b>Chester County</b>	Chester County Depart. Of Drug and Alcohol Services Government Services Center, Suite 325 601 Westtown Road West Chester, PA 19382-4523 610-344-6620
-----------------------	--

<b>Delaware County</b>	Delaware County Office of Behavioral Health 20 South 69 <sup>th</sup> Street, Third Floor Upper Darby, PA 19082-2521 610-713-2365
------------------------	--

<b>Montgomery County</b>	Montgomery County Behavioral Health Montgomery County Human Services Center 1430 De Kalb Street Norristown, PA 19404 610-278-3642
--------------------------	---

<b>Philadelphia County</b>	Office of Addiction Services 1101 Market Street, Suite 800 Philadelphia, PA 19107 215-685-5404
----------------------------	---

<b>Lancaster County</b>	Lancaster County Drug and Alcohol Commission 150 North Queen Street Lancaster, PA 17603 717-299-8023
-------------------------	---

<b>New Jersey</b>	
Camden County	856-225-5070
Salem County	856-935-7510
Atlantic County	609-645-5932
Burlington County	609-265-5530

\*verified via R. Hyman; 6/2009

## **SELF-HELP GROUPS-SUBSTANCE ABUSE AND ADDICTIONS**

### **ALCOHOLICS ANONYMOUS**

**Alcoholics Anonymous:** Voluntary, worldwide fellowship of men and women from all walks of life, aiming to recover from alcoholism by sharing their experience, strength and hope.

- [alcoholicsanonymous.org](http://alcoholicsanonymous.org)
- National Phone # 212-870-3400
- Local Phone # 215-923-7900
- Lancaster County, PA. Phone # 717-394-3238
- New Castle, DE. Phone # 302-655-5113
- Kent County, DE. Phone # 302-736-1567
- Sussex County, DE. Phone # 302-856-6452
- Northeastern Maryland Phone # 800-570-4150

### **Alcoholics Anonymous in SPANISH**

Saint Agnes Parish – corner of W Gay Street and N New Street, West Chester, PA. The meetings are on Wednesdays 7:30 – 8:30 p.m. in Day Room. For Information call: Paul 610-331-9528 or Barbara 610-692-2990

#### **Pennsylvania**

215-923-7900

For Philadelphia and surrounding counties (Delaware, Chester, Bucks and Montgomery)  
717-394-3238 (Lancaster County)

#### **Maryland**

##### **AA of Northeastern Maryland**

[www.nemdaa.org](http://www.nemdaa.org)

28 Centennial Lane

Aberdeen, MD

24 hour hotline: 410-272-4150 or toll free 800-570-4150

#### **New Jersey**

856-486-4446

1-866-920-1212

[www.aaasj.org](http://www.aaasj.org)

For Salem, Gloucester, Camden, Burlington and Cumberland Counties

#### **Delaware**

302-736-1567

Kent County

302-655-5113

New Castle County

### **AL-ANON/ALATEEN**

Website: [www.pa-al-anon.org](http://www.pa-al-anon.org);

Philadelphia: 215-222-5244

Chester County: 610-696-4216

New Castle County: 302-366-8484

### **CHESTER COUNTY**

## **Chester County Drug and Alcohol Information and Referral**

24 hour toll free

1-866-286-3767

### **Chester County: Drug and Alcohol Services**

Prevention - Intervention - Detoxification - Non-hospital residential treatment - Halfway house - Outpatient counseling - Intensive outpatient counseling - Partial hospitalization - Hospital rehabilitation. The goal of all services provided by this Department is to increase the self-sufficiency of clients and communities. Chester County Department of Drug and Alcohol Services 601 Westtown Road, Suite 325 West Chester, PA. Toll Free 1-800-692-1100

### **COCAINE ANONYMOUS (COCAINE AND CRACK ADDICTION)**

A global 12-step Fellowship offering peer assistance with recovery from cocaine and crack addiction. Includes literature, self-help resources, and membership information. [www.ca.org](http://www.ca.org). Regular Meetings [www.ca.org/meetings.html](http://www.ca.org/meetings.html) United States · [www.ca.org/phones.html](http://www.ca.org/phones.html)

National Phone # 800-347-8998

Local Phone #215-333-7798

[www.caphilly.org](http://www.caphilly.org)

Philadelphia, PA, NJ, DE

Local

### **CODEPENDENTS ANONYMOUS**

#### **Philadelphia Area Intergroup of Codependents Anonymous**

Serving Pennsylvania and Southern New Jersey

You may e-mail Intergroup at: [codainfo@CodaPhilaArea.org](mailto:codainfo@CodaPhilaArea.org) OR

Write at: Philadelphia Area CoDA Intergroup

P.O. Box 42006

Philadelphia, PA 19101 OR

Leave a message on their voicemail at : ( 215) 333-7775 Voice Mailbox #5

**Co-dependents Anonymous:** Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

National Phone # 602-277-7991

Local Phone # 215-333-7775

## **DUAL DIAGNOSIS**

**Double Trouble** Double Trouble in Recovery (DTR) is a twelve-step fellowship of men and women who share their experiences, strengths and hopes with each other so that they may solve their common problems and help others to recover from their addiction(s) and manage their mental disorder(s).  
www.doubletroubleinrecovery.org National Phone # 718-373-2684

### **Dual Recovery Anonymous - a 12 Step Fellowship**

A 12 Step self-help program is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps with recovery from both chemical dependency and emotional or psychiatric illness by focusing on relapse prevention and actively improving quality of life. In a community of mutual support, members learn to avoid the risks of alcohol and drug use as well as reducing the symptoms of emotional or psychiatric illness. The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders. Web site: <http://www.draonline.org/> National Phone # 877-883-2332

## **FAMILIES: TWELVE STEP SUPPORT GROUPS**

**“Naranon”** Support groups for loved ones of the drug addicted  
Call “Naranon Worldwide” to get phone number of a group near you.  
215-938-5140

**“Alanon”** Support group for loved ones of alcoholics and other drugs. For Pennsylvania counties of Bucks, Delaware, Montgomery, Philadelphia and Chester County, call for meeting schedule and locations.  
215-222-5244-

**Lancaster County**  
800-671-5994

**Northern New Jersey**  
973-744-8686

**Delaware**  
302-366-8484 – New Castle County  
302-734-8010 – Kent County  
302-422-8010 – Sussex County



## **GAMBLERS ANONYMOUS**

**Council on Compulsive Gambling of PA**, website [www.pacouncil.com](http://www.pacouncil.com)

Providing speakers, workshops, seminars and information on gambling problems

**In Pennsylvania** 1-800-848-1880

1-215-389-4008

**Help Lines** 1-800-GAMBLERS

1-800-522-4700

### **Gamblers Anonymous Delaware Valley Intergroup Meetings**

Eastern PA 1-800-GAHELPS

Delaware 1-302-984-2277

S. Jersey 1-856-661-8002

### **Meetings in or near Chester County:**

#### **East Goshen PA**

Tuesdays, 7:30 pm

United Church of Christ

Route 352 and Greenhill Rd.

East Goshen PA 19380

#### **Trappe, PA**

Thursdays, 7:30 pm

St. Luke's Church of Christ

200 W. Main St.

Collegeville, PA 19426

#### **Media, PA**

Wednesdays 7:30 pm

1st United Methodist Church

350 West State Road

Media, PA 19063

#### **Norristown PA**

Wednesdays, 7:15 pm

Valley Forge Medical Center

Wolfe Conference Room

1033 W. Germantown Pike.

Norristown, PA 19401

#### **Roxborough PA**

Tuesdays, 7:15 pm

St. Timothy's Episcopal Church

5720 Ridge Avenue

Philadelphia, PA 19128

## **MARIJUANA ANONYMOUS**

**Marijuana Anonymous:** For friends and families of people seeking recovery. [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

## **NARCOTICS ANONYMOUS**

**Narcotics Anonymous (NA) World Services:** NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Narcotics Anonymous near you [www.na.org](http://www.na.org) National Phone # 818-773-9999. Local Phone # 215-755-8200 or 215-629-6757

### **Pennsylvania**

1-215-NAWORKS	Greater Philadelphia Region
1-877-871-9281	Philadelphia Region
1-610-374-5944	Reading/Pottstown Area
1-800-397-3680	Harrisburg County

### **New Jersey**

732-933-0462/ 1-800-992-0401

\*Verified via Thomas McElwee; 6/2009